


## PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

<b>Intervention Name:</b>	<i>Promoting Health Among Teens! Abstinence-Only Intervention</i> (formerly known as <i>Promoting Health Among Teens!</i> )
<b>Developer:</b>	John B. Jemmott III, PhD; Loretta S. Jemmott, PhD, RN; Geoffrey T. Fong, PhD
<b>Program Description:</b>	<i>Promoting Health Among Teens!</i> is an abstinence-based intervention designed to improve awareness and knowledge about HIV and sexually transmitted infections (STIs); increase understanding of how abstinence can prevent pregnancy, HIV, and STIs; and build refusal and negotiation skills for practicing abstinence. The target outcome is abstaining from vaginal, oral, and anal sex until the adolescent is better prepared to handle the consequences of sex later in life. The program neither encourages nor discourages condom use.
<b>Component 1: Curriculum</b>	
The intervention consists of eight one-hour modules, delivered on two consecutive Saturdays. Trained facilitators follow the intervention manual to implement the program, which is structured around group discussions, videos, games, brainstorming activities, skill-building, and experiential exercise. Four of the modules are targeted specifically to encouraging abstinence and four cover more general content related to HIV/STI knowledge.	
<b>Target Population:</b>	Available information describes the target population as African American male and female adolescents in grades 6 and 7 from low-income urban communities.
<b>Curriculum Materials:</b>	Information on curriculum materials is available online at <a href="http://www.selectmedia.org/customer-service/evidence-based-curricula/promoting-health-among-teens/">http://www.selectmedia.org/customer-service/evidence-based-curricula/promoting-health-among-teens/</a> 
<b>Training and TA:</b>	In the original implementation of the program, facilitators received a 2.5-day training and followed a program intervention manual.

## Research Evidence<sup>1</sup>

### Study Citation:

Jemmott, J. B., III, Jemmott, L. S., & Fong, G. T. (2010). Efficacy of a theory-based abstinence-only intervention over 24 months: A randomized controlled trial with young adolescents. *Archives of Pediatrics & Adolescent Medicine*, 164(2), 152-159.

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### Population Evaluated:

African American students in grades 6 and 7 recruited from four public middle schools serving low-income African American communities in northeastern United States

- Mean age 12 years
- 53% female and 47% male

### Setting:

Middle schools in low-income communities

### Study Findings:

At the 24-month follow-up: adolescents participating in the intervention who were sexually inexperienced at baseline were significantly less likely to report having initiated sexual intercourse.

Based on an average of the 3-, 6-, 12-, 18-, and 24-month follow-ups: adolescents participating in the intervention were significantly less likely to report having had sexual intercourse in the previous three months.

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<sup>1</sup> This summary of evidence is limited to studies of the intervention meeting the inclusion criteria and evidence standards for the Pregnancy Prevention Research Evidence Review. Findings from these studies include only those showing a statistically significant positive impact on sexual risk behavior or its health consequences. Studies may present other positive findings beyond those described; however, they were not considered as evidence for effectiveness because they focused on non-priority outcomes or subgroups, did not meet baseline equivalence requirements, or were based on follow-up data with high sample attrition. For additional details on the review process and standards, see the review's Technical Documentation.